

Perinatal Support Group

Circle of Hope

We recognise the need for support for parents after experiencing a loss is essential and ongoing.

Therefore, we would like to invite our parents who are requiring further support after leaving the hospital to join us in our 'Circle of Hope' group. The group is open to all parents who have experienced a loss.

We meet monthly over a cuppa to provide a safe space for parents to share their story. Our purpose is to encircle our parents with hope and encouragement. This is an opportunity for parents to meet in a secure environment to enable the group process of parents supporting each other take place.

- To offer support and a listening presence
- Relax and have a cuppa
- Be encouraged
- Meet other families who have experienced a loss
- Share future hopes and expectations

Some of the factors related to parental grief:

- Various coping strategies
- Circumstances surrounding the death
- Cultural and ethnic differences
- Mother's grief versus fathers
- Going back to work

We understand that the death of baby/babies can impact many areas of your life and wellbeing. The emotional support will be offered with empathy, mercy, trust and care in the spirit of the Mater's values. As healthcare workers we are here to support and restore the health of our parents to enable them to return to a place of hope and peace.

Nurturing strategies for grief:

- Walk in nature
- Try to keep a healthy sleep schedule
- Journaling thoughts and feelings
- Prayer/meditation/quiet reflection
- Surround yourself with supportive people
- Understand the grieving process is unique to you
- Talk about your baby/babies with people you trust

Please RSVP by 2nd Monday each month: For further enquiries please contact Belinda Norman by phone 07 3163 3467 or email belinda.norman@mater.org.au or Eleni Kouzoukas by phone 07 3163 8958 or email eleni.kouzoukas@mater.org.au

When: 2nd Wednesday of each month

Time: 10 am -12 pm

Where: Mater Library, Aubigny Place, Mater Hill, South Brisbane QLD 4101